

What Is Claimed Is:

1. A film, wherein a percentage strain change 100 hours after applying a load of 3.5MPa at a temperature of 23°C is not more than 2.0%, and a percentage strain change 100 hours after  
5 applying a load of 0.5MPa at a temperature of 55°C is not more than 2.5%.

2. The film according to claim 1, wherein the elastic modulus at a temperature of 23°C is not more than 60MPa, and the  
10 elastic modulus at a temperature of 55°C is not more than 20MPa.

3. The film according to claim 1, which comprises at least one substantially random interpolymer comprising:

(1) 1 to 99mol% of polymer units derived from

15 (a) at least one aromatic vinyl or vinylidene monomer, or  
(b) at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, or

(c) a combination of at least one aromatic vinyl or vinylidene monomer, and at least one hindered aliphatic or cycloaliphatic  
20 vinyl or vinylidene monomer, and

(2) 1 to 99mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 20 carbon atoms.

4. The film according to claim 3, wherein said interpolymer  
25 is a substantially random interpolymer comprising 5 to 65mol% of polymer units derived from at least one aromatic vinyl or vinylidene

monomer, and 35 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 20 carbon atoms.

5        5. The film according to claim 3, wherein said interpolymer is a substantially random interpolymer comprising 5 to 65mol% of polymer units derived from styrene, and 35 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 10 carbon atoms.

10       6. The film according to claim 3, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from at least one aromatic vinyl or vinylidene monomer, and 50 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 20 carbon atoms.

15       7. The film according to claim 3, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from styrene, and 50 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 10 carbon atoms.

20       8. A method for fastening cargo using a film comprising fastening or holding the cargo with a film having a percentage strain change 100 hours after applying a load of 3.5MPa at a temperature of 23°C that is not more than 2.0%, and a percentage strain change 100 hours after applying a load of 0.5MPa at a  
25       temperature of 55°C that is not more than 2.5%.

9. The method for fastening cargo according to claim 8, wherein the elastic modulus of the film at a temperature of 23°C is not more than 60MPa, and the elastic modulus of the film at a temperature of 55°C is not more than 20MPa.

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10. The method for fastening cargo according to claim 8, wherein the film comprises at least one substantially random interpolymer comprising:

(1) 1 to 99mol% of polymer units derived from

10 (a) at least one aromatic vinyl or vinylidene monomer, or

(b) at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, or

(c) a combination of at least one aromatic vinyl or vinylidene monomer, and at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, and

(2) 1 to 99mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 20 carbon atoms.

11. The method for fastening cargo according to claim 10, wherein said interpolymer is a substantially random interpolymer comprising 5 to 65mol% of polymer units derived from at least one aromatic vinyl or vinylidene monomer, and 35 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 20 carbon atoms.

12. The method for fastening cargo according to claim 10, wherein said interpolymer is a substantially random interpolymer

comprising 5 to 65mol% of polymer units derived from styrene, and 35 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 10 carbon atoms.

5           13. The method for fastening cargo according to claim 10, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from at least one aromatic vinyl or vinylidene monomer, and 50 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin having 2 to 20 carbon atoms.

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          14. The method for fastening cargo according to claim 10, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from styrene, and 50 to 95mol% of polymer units derived from at least one  $\alpha$ -olefin  
15   having 2 to 10 carbon atoms.